

AUTUMN RESOURCES For youth groups

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WELCOME TO AUTUMN! AS THE SUMMER WARMTH DISAPPEARS AND THE LIGHT BEGINS TO FADE, WE LOOK FORWARD TO CRISPER MORNINGS AND SOME RESPITE FROM THE HEAT. WE SEE THE NATURAL ENVIRONMENT AROUND US CHANGING ONCE AGAIN.

As the deciduous trees prepare for the Winter, they reward us with those rich warm colours before dropping their leaves. All that remain are the buds; a promise of the growth to come once again in the Spring. Keen gardeners are also looking to Spring at this time of year, as they choose which bulbs to plant to brighten up the garden in six months' time.

BIRD MIGRATION

Our wildlife responds to seasonal changes as well, and bird migration is one of Autumn's key features. Some birds may have enjoyed their summer in the UK, but with the drop in temperature and daylight hours, it's a signal to migrate to warmer climes for the Winter. Swallows usually leave in September and fly around 200 miles a day for six weeks to get back to Africa. However, while some birds are heading off in Autumn, we also welcome back others who come to us to escape an even colder Winter and food scarcity elsewhere. Birds such as the fieldfare, large colourful thrushes, come to the UK from Scandinavia or northwest Russia, to spend the Winter here, and then they leave again in March.

HIBERNATION

Other animals stay put year-round but go into hibernation in the Autumn, to be able to survive the harsh Winter conditions. Hibernation is when an animal enters a state of almost total inactivity. They do this by slowing their heart rate, lowering their body temperature, and slowing their metabolism, so they can survive for long periods without eating. The UK's only native groups of animals that truly hibernate are hedgehogs, dormice and bats.

DEER RUTTING

One of Autumn's most notable phenomena is the deer rut. During this period, which runs from mid-September to mid-November, males compete through roaring contests and fights to control harems of females. Generally, it is only a few males (those with the best antlers and fighting skills) who succeed.

HARVEST SEASON

Autumn marks the end of the growing season and the beginning of harvest season. In the UK the harvest festival is traditionally celebrated on the Sunday nearest the harvest moon. This is the full moon that occurs closest to the Autumn equinox, which is often between 21st-23rd September. Normally falling towards the end of September, or early October, the harvest festival is the closest thing we have to a day of thanksgiving. Traditionally the harvest was a collective affair, with everyone getting involved to help. A prosperous harvest ensured that a community would be fed throughout the potentially barren Winter months.

GET EXPLORING, GROWING, MAKING AND TAKE ACTION!

We have a great selection of activities for you to get stuck into this Autumn, suitable for a range of ages and covering a variety of themes, from exploring and growing to making and taking action.

If you want to get to know your local environment better, and want to enjoy the awesome season of Autumn, read on...

AUTUMN ART INSPIRED BY NATURE'S PALETTE



AGE 5+

) 30-60 MINUTES

EXPLORING

Autumn is a time of change for deciduous trees. They are busy preparing for the harsh conditions of Winter, by producing their seeds or nuts and dropping their leaves. However, the spectacular colours we see at this time of year are a seasonal highlight. The colours are produced when the chlorophyll in the leaves breaks down which means the green fades to reveal the other colours. These leaves provide the perfect art materials.

WHAT YOU NEED

- A selection of Autumn leaves: different shapes, sizes and colours (collected on a scavenger hunt in your local park, green space or woodland)
- Paper: a variety of sizes and thicknesses
- Non-toxic glue stick
- Scissors
- Eco-friendly double-sided tape
- Stapler
- Non-toxic felt-tip pens
- Paper plates



DID YOU KNOW?

Fallen Autumn leaves provide the perfect habitat for minibeasts and can be piled up with some fallen sticks and twigs to create the perfect hibernation spot for hedgehogs. As the leaves rot down, any remaining nutrients are returned to the soil to help other plants to grow. This is nature's recycling at its best!

INSTRUCTIONS

- **Autumn collage** Get inspired by artists like Andy Goldsworthy, and carefully sort your natural treasures according to their shape and colour. You can then place and stick them strategically for maximum dramatic effect.
- Autumn leaf crown Cut a long strip of thick paper and measure to ensure it will fit around the head. Use double-sided tape to attach your Autumn leaves in a regal fashion to create a natural crown. Staple to fit once the paper is completely covered with leaves.
- Animal art Choose one leaf and carefully study it, which woodland creature does it remind you of? Some leaves might look like spikey hedgehogs, whereas others might look like the bushy tail of a squirrel or the antlers of a deer. Glue your leaf onto some paper and use other leaves or felt-tip pens to create the rest of your animal's body.
- Autumn wreath Cut out and remove the middle of a paper plate to create a wreath shape. Carefully arrange and then stick your leaves onto it to create a decorative garland to hang at home. Don't throw away the middle of the paper plate store it to use on another occasion.

HA-HA! What did one leaf say to the

other leaf? I'm falling for you!

PLANT BLOOMING BULBS FOR A SUPER SPRING



60 MINUTES

What to plant when:

• November: tulips

INSTRUCTIONS

pot or coarse gravel.

bulb's distance apart.

· September: daffodils and crocuses

you can also plant bulbs in pots.

· September / October: grape hyacinths and alliums

If your group has access to outside space for growing,

1. Cover the pot drainage holes with broken pieces of clay

3. Place your bulbs on the compost, pointy side up and a

5. Cut up the milk cartons to make elongated T-shaped

plant labels (adult supervision required). Each side of

2. Add a layer of compost to a depth of 10 cm.

4. Add another 10 cm compost on top.

you can plant the bulbs directly in the ground (to a depth of 2.5 times the height of the bulb). However,



Planting bulbs is a great Autumn activity, hiding away precious dormant plant material which will be ready and raring to grow once the temperature rises again in the Spring.

WHAT YOU NEED

- Gardening gloves (some bulbs can irritate the skin)
- Plant pots, about 25 cm tall (wash and re-purpose old ones if you can)
- · Broken pieces of clay pot or coarse gravel
- Peat-free multi-purpose compost
- · Bulbs: mini-daffodils, crocuses and short-stemmed tulips grow well in pots
- Empty plastic milk cartons (2- or 4- pint, washed)
- Scissors
- Non-toxic permanent felt-tip pens
- Sticks (pencil size)
- Eco-friendly sticky tape

Milk carton plant labels:





2 pint





Tulins



Crocuses

the carton is the perfect size for one large label. 6. Use the pens to decorate the labels you have created, making sure you draw a picture of the flowers you'll see

- pop up in the spring. 7. Secure a stick behind each label along its length using the tape, to make it more rigid.
- 8. Add the labels to your pots and keep outside in a sheltered not-too-shady spot.

Top tip: If you have squirrels in your outside space, secure some garden netting over the container to stop the squirrels digging up your bulbs. Remove the netting in Spring before the bulbs poke through.

Warning: Do not eat the bulbs and remember to wash your hands after handling them.

> How does a flower whistle? By using its tulips!



EXPLORING NEIGHBOURHOOD NATURE



60 MINUTES

EXPLORING

Taking time to observe our natural surroundings is a great way to feel more connected to nature. By focussing on the smallest details, we can really immerse ourselves in the environment and feel a sense of calm.

WHAT YOU NEED

- Access to some outside space, such as your local park, green space or woodland
- An online identification app such as the Seek app by iNaturalist (optional)
 wwf.org.uk/discover-nature-seek-app



DID YOU KNOW?

Humans find nature inherently interesting, and we enjoy using our senses to explore our natural environment. Time in nature can make us feel better emotionally and provide a sense of calm. This also provides respite for our busy minds and refreshes us for new tasks. Nature is in decline in many areas of the UK, and it's our responsibility to protect and safeguard nature so future generations can enjoy and experience it too.

INSTRUCTIONS

- 1. Put young people in pairs, one 'A' one 'B'.
- **2.** 'As' explore the space and find a natural object that intrigues them, such as a leaf, seed or feather.
- **3.** They use their senses (except taste!) to study their object carefully, thinking about its texture, colour, shape, sound etc.
- **4.** Leaving the object where they found it, they come back and describe it to their partners, the 'Bs'.
- **5.** 'Bs' then try to find the object that was described to them.
- 6. Pairs can then discuss why they think that object is particularly interesting, and what they like about it. They can think about where it came from and how it came to be where they found it.
- 7. Young people might like to identify the object using the Seek app, to be sure of what it is they are describing.
- 8. Swap roles.
- **9.** If you are in an area with plenty of trees, you can repeat the activity but this time selecting a favourite tree to explore and then describe such that partners can identify it.
- **10.** Pairs can also present back to the group, and then the whole group try to find the same object or tree.
- **11.** This activity can also be revisited in other seasons, as the neighbourhood nature that you discover will vary with the time of year.

What sound does a tree make? It barks.

Warning: Remember to wash hands thoroughly afterwards.



Tree seeds come in different shapes and sizes. Many deciduous trees drop their seeds in the Autumn and learning to recognise the different seeds can help you to identify the different trees. Do you have a mixture of trees in your neighbourhood, or do you have lots of the same? Ask your group to find and observe their local trees and create an annotated seed map to record their locations.

WHAT YOU NEED

- · A large-scale street map of your local area (you can find one online and print it off)
- A tree identification guide (you can borrow one from your local library, find one online or download an identification app such as the Seek app by iNaturalist wwf.org.uk/discover-nature-seek-app)
- · String, labels and sticky tape or tack



DID YOU KNOW?

Autumn is a great time to observe nature. Watch the arrival of migrant birds, admire the intricate spider webs as they appear and look out for foraging squirrels in search of nuts. Hazelnuts, acorns and conkers rely on squirrels or jays to spread them around the woodland, while other trees use their height to distribute their seeds, such as Ash and Sycamore. By September, the hedgerows are laden with berries which are an important food source for many birds during the winter, especially when the ground is too frozen to hunt worms or snails, and there are few insects about.

INSTRUCTIONS

- 1. Ask your group to look at the map and discuss where the trees are located.
- 2. Visit some of these local trees and see if you can find any seeds or nuts that have fallen onto the ground.
- 3. Have a close look at the seeds or nuts. Have they got a hard shell? Do they have a special way of falling? Are they spiky? Think about why the seeds might be like this.
- 4. Work out which tree they have fallen from and see if you can identify it using your ID guide.
- 5. Once you have collected the seeds, it's time to start creating your annotated seed map, so you know which seeds were from which tree in which location. You can do this by tying the seed and label to one end of the string, and then use the sticky tape or tack to stick the other end of the string to the tree's location on the map.

Top tip: You can plan this in advance and have some backup seeds with you if you can't find any on the day!

Warning: Remember to wash hands thoroughly afterwards.

HA-HA How do trees access the internet? They log in.

MAKE YOUR OWN PINECONE CREATURE



AGE 7+

30-60 MINUTES

🥖 MAKING

Pine trees are coniferous evergreens, so their leaves (needles) remain green throughout the year. It is not the needles that drop in the Autumn, but the pinecones (which contain the trees' seeds). These fantastic woody structures can be gathered up and turned into cute little creatures using some extra materials and a bit of imagination. Ask your group to channel their creativity to decide what type of creatures to create, and to think about where their new pinecone creatures might live, and what features they will need to thrive in those habitats.

WHAT YOU NEED

- Lots of pinecones
- Natural materials like twigs, leaves and seed pods
- Craft materials like string, cotton wool, drawing pins and coloured paper
- Non-toxic glue



DID YOU KNOW?

The UK was once covered in woodland, but over hundreds of years we cleared most of it to make way for agriculture, so now just 13% of the UK is woodland. Our woodlands are home to thousands of species, including trees, plants, fungi, mammals, birds and invertebrates, but only 44% of the UK's woodland is managed sustainably. It is important that we protect our woodlands to prevent the loss of irreplaceable habitats and preserve our natural heritage.

INSTRUCTIONS

- 1. Starting with a pinecone each, ask your group to create their own creatures by adding natural and craft materials.
- **2.** Each creature must be adapted to live in a particular habitat. They can choose where the creature will live, or you can challenge them by nominating a habitat for their creature.
- **3.** They may want to add legs (twigs), big ears (leaves), wings (seed pods), fur (cotton wool) or big eyes (drawing pins).
- **4.** Many of the materials will be able to slot between the gaps in the pinecone, but some might need some glue to secure them.
- **5.** Ask everyone to introduce their finished creature and describe where it lives and why it is perfectly adapted to live there.

How do you talk to a bunch of pine trees all at once? On a coniference call.

HA-HA



Monitoring local weather, such as rainfall, can help to predict the upcoming weather. Rainfall data is used by farmers to help them plan how best to grow their crops, and by meteorologists to predict weather-related natural disasters and climate change. A rain gauge is a simple measurement tool that collects rain through a funnel into a container and tells you how much rain has fallen over a set period of time.

WHAT YOU NEED

- An empty clear plastic bottle (1 or 2 litres, smooth-sided), without the lid
- Scissors
- Pebbles
- Eco-friendly sticky tape
- Ruler
- Non-toxic permanent marker

INSTRUCTIONS

- 1. Cut off the top of the bottle at the widest point.
- **2.** Place some pebbles in the bottom of the bottle (these will help to keep it weighed down and standing upright).
- **3.** Turn the top part of the bottle upside down, put it inside the bottom part of the bottle and secure in place with tape (this will act as a funnel to collect the rainwater).
- **4.** Use the ruler and permanent marker to add a vertical scale onto the side of the bottle in millimetres. Start with the zero a little way above the pebbles, and then mark every 5 mm to the top.
- **5.** Add water to the bottom of the bottle, to the level of the zero line on the scale.
- **6.** Place the bottle outside and record the water levels at time intervals of your choosing, such as daily, weekly or monthly.

DID YOU KNOW?

Climate change means that the rainfall patterns in some areas of the world are changing, leading to both more droughts and more flooding. If you live in a flood-prone area, you can do your bit to help slow the flow of water by having planters under any downpipes from your roof. The plants can use the water to grow, and any excess water that drains through will enter the drainage system more slowly.



the most rain? The raining champion!

APPLE AND BLACKBERRY CRUMBLE



AGE 11+

Preparation: 30 MINUTES Cooking: 45 MINUTES

MAKING

Asked to name a variety of apple and you may only be able to think of three or four, but there are thousands of different apple varieties, and hundreds of these are grown in the UK. Our shops tend to only offer a limited selection, however if you have a community orchard nearby, why not go for a visit to see (and maybe try) a wider range of varieties. Of course, if you have some outside space, you can grow your variety of choice! Growing your own means your apples have far less distance to travel to make it to your plate... or into an apple and blackberry crumble!

WHAT YOU NEED

- 4 apples peeled, cored and cut into small cubes (you can use either Bramley cooking apples or any variety of eating apples)
- 150 g blackberries (forage for these if you can!)
- Large crumble dish or ceramic / metal pie dish
- 2 heaped tbsp brown sugar
- 1 tsp ground cinnamon
- 250 g plain flour
- 200 g unsalted butter
- 160 g brown sugar
- 50 g rolled oats



DID YOU KNOW?

For centuries our climate has been well-suited to growing apples, especially the traditional Bramley and Cox varieties. However, as the UK climate warms, this will change what varieties we are able to grow. So, in the future we may grow an increasing number of varieties from warmer places.

INSTRUCTIONS

- 1. Preheat the oven to 180 °C / Gas Mark 4.
- **2.** Scatter the apple cubes and blackberries into the bottom of a crumble dish or ceramic / metal pie dish.
- **3.** Sprinkle over the brown sugar and cinnamon and then stir together.
- **4.** In a separate mixing bowl, add the flour and butter, and rub together with your fingertips until you have the consistency of breadcrumbs.
- **5.** Add the sugar and oats to the flour and butter mixture and stir together to make your crumble.
- **6.** Spoon the crumble over the fruit.
- 7. Bake in the middle of the oven for 40 45 mins until the topping is light brown and the fruit is soft.
- 8. Serve with custard or ice cream. Delicious!



They were stuck in a jam.

TRULY TERRIFIC TURNIPS

AGE 11+

60 MINUTES

MAKING

Autumn is the time of All-Hallow's Eve, or Halloween as it is now known. Halloween falls at a time when the Celts marked the end of the harvest season and the start of longer nights than days. It was thought that the souls of the dead would visit the living during this time, so people would wear costumes and carve faces to ward-off unfriendly spirits. Nowadays we are more familiar with carving pumpkins, but traditionally we carved turnips.

WHAT YOU NEED

- A selection of turnips
- Sharp kitchen knives (adult supervision required)
- · Chopping boards
- Metal spoons
- Pencils
- Tealights

Hollowing out your turnip:



DID YOU KNOW?

As people emigrated from Europe to America, they took their Halloween tradition of carving faces with them. They soon discovered that pumpkins were larger and easier to carve than turnips. As people and commodities move between countries, unwelcome pests and diseases can travel with them. On average, 10–12 new species become established in the UK each year, and up to 20 % of these cause a serious threat to existing UK nature.

INSTRUCTIONS

- **1.** Select a turnip with a flat base (they come in all shapes and sizes, and you need it to be as steady as possible).
- **2.** Carefully cut the top off the turnip, this will form the lid of your lantern.
- **3.** Next you need to hollow out your turnip. Firstly, use the knife to score 0.5 cm in from the outside edge of the turnip, which will help to loosen the inside.
- **4.** Cut a series of lines across the middle of the turnip, then go the other way to create a grid.
- **5.** Using a spoon, scoop out the cubes of turnip from the grid, leaving the outside wall (0.5 cm thick). Take care not to break the wall of the turnip.
- **6.** Repeat this method, removing layer by layer until you have hollowed out the turnip.
- **7.** Draw a face onto the side and carefully cut it out with the sharp knife.
- 8. Place a tealight inside and replace the lid.

Top tip: You can use the flesh hollowed out from your turnip, to make a tasty soup or casserole.

Warning: Turnips are quite tough to carve, although the method of hollowing out described above sounds a bit fiddly, it's safer than just using a knife. If you are really struggling with the spoon, you can cut the bottom off the turnip, cut round the edge and push the core out. Always cut away and down onto the chopping board when using a knife.

I saw a vegetable being delivered to the local library. That's a turnip for the books!

SUPER SEASONAL SOUP



AGE 14+

) 60 MINUTES



Autumn is traditionally a time of harvest, and the fruit and vegetables collected are either consumed fresh or preserved for the winter months ahead. Modern preservation methods help keep food fresher for longer, so it can travel further before it spoils. This means that we can eat out of season fruit and vegetables, because we buy them from elsewhere in the world. If you want to stick to the seasons and eat what's grown near you, then Autumn can offer an abundance of choice.

WHAT YOU NEED

- Large saucepan
- 1 tbsp oil
- 1 onion, chopped
- 2 large carrots, peeled and roughly chopped into chunks
- 2 sticks celery, roughly chopped
- 2 large potatoes (baking size), peeled and chopped into chunks
- 800 ml vegetable stock (made with 2 stock cubes)
- Blender or food processor
- Pinch of salt and pepper



DID YOU KNOW?

Less fuel and energy are required to produce fruit and vegetables grown both in natural sunlight and locally to where they are consumed, compared with the same produce grown in a greenhouse out of season, or grown in another country and shipped to us. Have a look at WWF's Six Livewell Principles to learn more about how you can lead a healthy, sustainable life to help the planet: **wwf.org.uk/what-we-do/livewell**

INSTRUCTIONS

- 1. Find out what food is produced in your area right now by visiting your local farm shop or market to see what they are currently selling or look at their websites.
- 2. You may find that onions, carrots, celery and potatoes are grown near you and sold at the farm shop. Buy them there if you can, or alternatively, go to the supermarket (checking the label to find out where they were grown).
- **3.** Use your seasonal ingredients to make a warming carrot and potato soup.
- **4.** Heat the oil in a large saucepan.
- **5.** Fry the chopped vegetables gently for about 5 minutes until slightly softened.
- **6.** Pour in the vegetable stock.
- 7. Bring to the boil and then simmer for 20 minutes until the vegetables are tender.
- **8.** Use a blender or food processor and blend to a smooth consistency.
- 9. Add salt and pepper to taste.
- **10.** It's not always possible to eat seasonally but challenge the group to see if they can make a meal using only UK grown fruit and vegetables.

HA-HA!

FLY YOUR FLAG For the planet



AGE 14+

) 60 MINUTES



Our planet is under threat from climate change, but everyone can do something to help. From the food we eat, to the electricity we use and the way we travel, we can make a difference. Explore the issues and share your promise to help improve the natural environment and combat climate change.

WHAT YOU NEED

- Coloured fabric
- Fabric scissors
- Non-toxic fabric or felt-tip pens
- Scrap fabric
- Non-toxic fabric glue
- Non-toxic fabric paint & brushes

TAKE ACTION

Here are some actions you can take to help the planet and tackle the climate crisis:



Walk, bike or take public transport



Eat more vegetables and less meat



Reduce, reuse, repair and recycle

Images: Writing message on cloth @ Chris Ratcliffe / WWF-UK $\,\cdot\,$ Vegetables @ Shutterstock Recycling bins @ Elizabeth Dalziel / WWF-UK

INSTRUCTIONS

- 1. Have a group discussion, to think about the importance of looking after our planet and consider what you can do to help. Questions you can pose include:
 - What do you love about nature?
 - Why is nature important?
 - What could you give back to nature?
 - What action could you take to help your local natural environment?
- **2.** Decide on a promise you can make which will benefit nature and help limit climate change.
- **3.** Cut a piece of fabric into a flag shape, either a rectangle approximately 30 cm x 50 cm, or an isosceles triangle with a base of 30 cm and a height of 50 cm (to make a pennant flag).
- **4.** Choose a contrasting colour to write your promise on the flag.
- **5.** Decorate the flag, using the scrap fabric, pens and paint to create an eye-catching design.
- **6.** If your flags will be displayed inside your meeting space, have some facing into the room, and some in the windows facing out, so you maximise the number of people who will see the promises. Alternatively, you can write your promise and decorate the flag on both sides.
- **7.** You may be able to hang your flags outside your meeting space, e.g., along a fence, in a tree or along railings (ask permission first!).

HA-HA!

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GET MAKING, GROWING AND EXPLORING

These seasonal resources will get your group out and about, exploring and enjoying the nature on your doorstep. Whether you are based in a city or the countryside, these activities will help to guide your investigations, and provide a framework to understand how small actions really can make a difference.

The UK has many beautiful and diverse landscapes, each of which provides a unique habitat for a range of plants and animals. Our wildlife is adapted to these habitats and our seasonal variations in day length, temperature and weather.

However, climate change, urbanisation and habitat loss mean the UK's wildlife is under threat like never before. We invite you to celebrate what UK nature has to offer and to take action to protect and restore it for future generations.

The UK has lost 97% of its wildflower meadows since the 1930s.

The land required overseas to supply the UK's demand for timber has increased threefold since 2011 (from 28,000 km² to 84,000 km² – an area greater than the size of Scotland).



Parts of the UK may run out of water by 2040.



Over a third of assessed UK seabirds have declined by 20% or more since the 1990s largely due to climate change affecting food availability.

BADGE IT UP

These activities can be used to support a range of interest badges across uniform groups:

Rainbows: Nature, Recycling, Fruit and Veg and Healthy Mind badges

Brownies: Grow your Own, Mindfulness and Zero Waste badges

Rangers: Cooking badge

Beavers: Explore and Gardener badges

Cubs, Scouts and Explorers: Chef, Environmental Conservation and Naturalist badges

A Million Hands programme is one-way Scouts can take action and achieve their Community Impact Staged Activity Badge. WWF are supporting the Protecting Our Environment Theme **www.scouts.org.uk/about-us/ help-others/community**

BE RESOURCEFUL!

These resources can be used as part of a wider programme of activities, such as awards schemes for community clubs or youth groups. This pack is part of a series; you can find other resources available here: wwf.org.uk/get-involved/youth-groups/resources/seasonal-activities



HOW YOU CAN HELP UK WILDLIFE

There are lots of things you and your group can do to take action and help protect UK wildlife and create a sustainable future for us all:



HOW BIG IS YOUR ENVIRONMENTAL FOOTPRINT?

Measure it here: https://footprint.wwf.org.uk/#/



HOW SUSTAINABLE IS YOUR DIET?

Find out more here: wwf.org.uk/what-we-do/livewell



WANT TO TAKE SMALL STEPS TO HELP NATURE?

Find out how you can help UK wildlife with From Grey to Green here: wwf.org.uk/sites/default/files/2020-07/WWF_Green_Spaces_Resource_A_Million_Hands.pdf



INSPIRED TO TAKE MORE ACTION?

Have a look at 21 actions activity pack, developed by WWF's Youth Ambassadors here: **wwf.org.uk/get-involved/youth-engagement**



REACHING OUT TO YOUNG PEOPLE

Find out how WWF is inspiring the next generation with our young people's resources at **wwf.org.uk/what-can-i-do/inspire-the-next-generation**



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